

Weekly Senior Programs

- **DUPLICATE BRIDGE** - Mondays from 12:30 to 4 PM. Cost: \$4/week.
- **PARTY BRIDGE** - Thursdays from 1 to 4 PM. Cost: \$6 per season.
- **TUESDAY NEEDLERS** - Tuesdays from 10 AM to Noon. Cost: \$6 per season.
- **PINOCHLE** - Tuesdays from 1 to 4 PM. Cost: \$6 per season.
- **CRIBBAGE** - Wednesdays from 8:30 to 11 AM. Cost: \$6 per season.
- **SCRABBLE** - Thursday from 10:00 AM - 1:00 PM or 6:00 PM - 9:00 PM. No charge.

YOUTH

- **CHESS CLUB** - Every Tuesday night meet in the snack bar from 6:00 - 9:00 PM. Bring your own boards.
- **ALIVE AT 25** - Four hours of classroom instruction from the Colorado State Patrol for ages 15-25 with a variety of dates available. Classes are held once a month. Register online at www.aliveat25.us.
- **BOXING FOR KIDS** - Saturdays from 10:00 - 11:00 AM. Cost is \$3 drop in fee or monthly rate.
- **BREAKFAST WITH SANTA** - Saturday, December 11 from 8:30 - 10:30 AM. Kids 12 and under receive a free pancake breakfast, kids 13 and over cost is \$3 for your breakfast. Bring a camera and take pictures with Santa. Crafts and bump and jump available for kids to play. Breakfast provided by Delta Kiwanis.
- **KID'S GARAGE SALE** - Come to the Kid's Garage Sale on Saturday, December 11 from 8:00 AM to Noon. Come shop for toys, games, books, etc. and help the kids earn extra money.
- **LITTLE GLIDER'S PROGRAM** - Cross country ski program offered by Grand Mesa Nordic Council for ages 5-8. Dates are Sundays, January 2-30 from 10:30 AM - Noon. Please pre-register. Cost is \$35 for GMNC members and \$40 for non-members. Option to rent skis at additional low price. Held at Skyway on Grand Mesa. Call for more details.
- **GLIDER'S NORDIC COUNCIL** - Cross country ski program offered by the Grand Mesa Nordic Council for ages 9-16. Dates are Sundays, January 2-30 from 10:30 AM - Noon. Please pre-register. Cost is \$40 for GMNC members and \$45 for non-members. Option to rent skis at additional low price.
- **JACK FROST BOOGIE - MOMS AND SONS DANCE** - Bring your special boy for a night of dancing, snacks and a whole lot of fun! Saturday, February 19 from 5:30 - 8:30 PM. Please bring a snack to share. Photos will be available for an additional fee. Cost is \$12 per couple if pre registered by February 17 or \$15 per couple at the door. There must be 10 couples registered in advance for this event to happen.



- **AARP DRIVER SAFETY** - Tuesday, December 14 from 8:30 AM - 1:00 PM and Monday, January 17 from 8:30 AM - 1:00 PM. Cost is \$12 for AARP member, non-member cost is \$14.
- **WINTER/SPRING DANCE LESSONS** - Classes instructed by Linda Dysart starting the week of January 11. Pre-school, beginning, intermediate and advanced classes offered in ballet, jazz and tap. Drama classes are also available. Cost is \$65 per 10 week session.
- **PHOTOGRAPHY BASICS** - Come join the world of photography on Saturdays, January 8-22 from 9:00 AM - Noon. Cost is \$25.
- **LINE DANCING LESSONS** - Beginner/Intermediate line dancing for all ages on Sundays, January 9-30 from 1:00 - 2:00 PM. Cost is \$30 per month or \$10 drop-in fee. (Must have 4 pre-registered for drop-ins to be available.)



- **CRIBBAGE TOURNAMENT** - All players must play singles (doubles is just an extra option). Sunday, February 20 from 1:00 - 5:30 PM. Cost is \$10 per person and \$5 per person for doubles. Please bring cribbage boards.
- **STRESS MANAGEMENT** - American Red Cross stress management workshop. Learn to manage stress at work and home. Get tips and relaxation exercises on Wednesday, December 22 from 6:00 - 8:00 PM. Cost is \$6.



SPORTS

- **FAMILY NIGHT** - Saturdays from 5:30 - 8:00 PM. Cost is \$8 per family. Family size includes up to 2 adults and 4 children at same household.
- **DENVER NUGGETS BASKETBALL SKILLS CHALLENGE** - For boys and girls ages 7-14 (age as of April 30, 2011). Top scorers in dribbling, passing and shooting competition on Wednesday, December 22. Registration is at 9:00 AM (bring copy of birth certificate) and competition starts at 9:30 AM. Free.
- **LEARN RACQUETBALL FROM A PRO** - Former #1 ranked player Ruben Gonzales is conducting a clinic on Monday, December 13 from 6:00 - 8:00 PM. Cost is \$5 and clinic is limited to first 30 registered.
- **ADULT FLAG FOOTBALL LEAGUE** - 5 on 5 adult flag football played on Thursday nights starting in late February for a 10 game season. Cost is \$250 team fee plus a \$20 player fee. Please pre-register by February 13.
- **VOLLEYBALL LEAGUE** - 4 on 4 played on Wednesday nights starting in March. Five game season with a tournament at the end. Cost is \$60 team fee plus a \$20 player's fee. Please pre-register by February 20.



AQUATICS

- **OPEN SWIM** - Monday - Friday starting at 1:00 PM, Saturday starts at 10:00 AM and Sunday starts at 10:00 AM. Please remember: Children ages 5 and younger MUST have someone 16 years or older IN the water, actively supervising them. Children ages 6 and 7 must have someone 16 years or older in the pool area with them.
- **NIGHT PUBLIC SWIM LESSONS** - Registration for levels 1-4 until January 3. Classes will run January 10 - February 9 on Monday and Wednesday from 6:00 PM - 6:40 PM. Cost is \$40.
- **PRIVATE AND SEMI PRIVATE SWIM LESSONS** - Registration until January 1, 2011. Scheduled lessons will run January 3 - February 25. Semi-private lessons cost \$50 per child for 5 lessons, private lessons cost \$75 for 5 lessons.



FITNESS CLASSES DECEMBER 2010

MONDAY

- **Cycle and Abs + with Kiffany** 6:00 - 7:00 am
- **Cardio Intervals with Weights and Core with Cristie** 9:00 - 10:15 am
- **Yogalates + with Cristie** 12:00 - 1:00 pm
- **Senior Circuit with Gary in Weight Rm.** 2:00 - 3:00 pm
- **Zumba with Kindra** 4:30 - 5:25 pm
- **Cardio Kick with Kindra** 5:30 - 6:30 pm



THURSDAY

- **Body Bar & Abs with Amberleigh** 9:00 - 9:45 am
- **Healthy Body, Strong Bones with Billie in Gym** 9:00 - 10:00 am
- **Silver Sneakers MSROM with Gary in Gym** 10:00 - 10:45 am
- **Zumba with Erin** 10:00 - 11:00 am
- **Cycle & Abs with Candace in Cycle Rm.** 12:15 - 1:00 pm
- **Cardio Kick with Betsy** 4:30 - 5:25 pm
- **Body Bar + with Kindra** 5:30 - 6:30 pm

TUESDAY

- **Body Bar & Abs with Candace** 9:00 - 9:45 am
- **Healthy Body, Strong Bones with Billie in Gym** 9:00 - 10:00 am
- **Silver Sneakers MSROM with Gary in Gym** 10:00 - 10:45 am
- **Zumba with Cristie** 10:00 - 11:00 am
- **Cycle & Abs with Candace in Cycle Rm.** 12:15 - 1:00 pm
- **Body Bar + with Betsy** 4:30 - 5:25 pm
- **Total Body Blitz with Erin** 5:30 - 6:30 pm

FRIDAY

- **Boxing for Fitness with Kiffany** 6:00 - 7:00 am
- **Yogalates with Cristie** 9:00 - 9:45 am
- **Senior Circuit With Gary in Weight Rm.** 9:00 - 10:00 am
- **Zumba with Cristie & Erin** 12:00 - 1:00 pm

Tai Chi/Qigong for Health and Longevity*
Next Session is December 6-27
Mondays, from 7:00 - 8:30 PM.
\$40 Monthly charge or \$12 drop in fee.
Must meet minimum to run class...call ahead to see if session is running.

WEDNESDAY

- **Morning Ride with Candace** 5:30 - 6:00 am
- **Weights & Stretch with Candace** 6:00 - 7:00 am
- **Senior Circuit with Gary in Weight Rm.** 9:00 - 10:00 am
- **Triple Threat Cardio, Core & Crazy Strength with Cristie** 9:00 - 10:15 am
- **Zumba with Kindra** 12:00 - 1:00 pm
- **Yogalates with Betsy** 4:30 - 5:25 pm
- **Cycle and Abs w/ Amberleigh in Cycle Rm** 5:30 - 6:30 pm
- **Zumba with Erin** 5:30 - 6:30 pm

SATURDAY

- **Cardio Blast with Amberleigh/Betsy** 9:00 - 9:45 am
- **Healthways Silver Sneakers Fitness Program** 10:00 - 10:45 am

Tae Kwon Do
Tuesdays and Thursdays from 6:45 - 8:00 PM
\$30 Monthly or \$5 Drop in Fee.
Hatha Yoga
Wednesdays from 5:30 - 6:45 PM
Cost is \$10 drop in fee
Not scheduled for December 22 or 29.
Bench Press Lifting Competition
Saturday, December 18.
Men's and Women's age divisions.
Cost is \$15 per person
Register by December 13.

* Any class with 5 or less in attendance for 3 consecutive weeks may/will be dropped.

- **COMMUNITY CPR/FIRST AID** - January 22, 2011 from 8:00 AM - 5:00 PM. Cost is \$60.
- **HOME SCHOOL SWIM LESSONS** - Registration starts December 13 and classes will be Mondays and Wednesdays, February 21 - March 23. Cost is \$40 per child. (Levels 1-4)

Limited lap lanes in morning due to Water Fitness Classes. Limited main pool space Monday - Friday from 4:00 - 6:00 PM due to High School Swim Team.
Please see Winter Pool Schedule posted at Recreation Center front desk for designated times.

Punch Card Special!

Buy 20 Punches...
Get 5 Punches FREE

Expires December 24, 2010
Limited to one special per person



Delivering HOLIDAY Cheer

Discover
Water
Fitness
For
your body,
your health,
your life!

Mon., Wed., Fri.
8:30 AM
Cardio Crazy
9:30 AM
Splashrobics

Tues., Thurs.
9:00 AM
Deep Benefits
10:00 AM
Life-N-Lively
5:30 PM
Deep Benefits

Sat.
9:00 AM
Deep Benefits
Mon. - Fri.
10:30 AM
Rhythm & Wave

HOURS OF OPERATION

Monday-Thursday	5:30am - 9:30pm
Friday	5:30am - 7:30pm
Saturday	8:00am - 8:00pm
Sunday	10:00am - 4:00pm